

# SUPPORT OPTIONS



## Internal Support Options



OIC / MANAGER / SUPERVISOR  
PEER SUPPORT OFFICER (PSO)  
CHAPLAIN  
QPS SENIOR PSYCHOLOGISTS AND  
SENIOR SOCIAL WORKERS



CONFLICT MANAGEMENT SERVICES  
HEALTH START  
ALCOHOL AND DRUG TESTING  
COORDINATOR (ADTC)



LGBTIQ+ SUPPORT NETWORK  
FIRST NATION SUPPORT  
NETWORK



PSYCH HEALTH SCREEN  
(Psychological Assessment Unit)

## QPS Funded External Support Options



1800 ASSIST (1800 277 478)  
1800 SPEAK SAFE (1800 773 257)  
1800 4QPS DFV (1800 4777 338)



EARLY INTERVENTION  
TREATMENT PROGRAM (EITP)



EQUIPT APP



## External Support Options

### Mental Health Treatment Plan

QPS employees can access support by working with their GP to develop a Mental Health Treatment Plan

**Lifeline** on 13 11 14

**Kids Helpline** on 1800 551 800

**Suicide Call Back Service** on 1300 659 467

**Beyond Blue** on 1300 224 636

**Black Dog Institute** at [blackdoginstitute.org.au](http://blackdoginstitute.org.au)

**QLife** - LGBTIQ peer support & referral service at [qlife.org.au](http://qlife.org.au) or 1800 184 527

**Relationship Australia** on 1300 364 277

**Family Relationships Online** at <https://www.familyrelationships.gov.au/home>

**Diverse Voice** on 1800 184 527

**1800 RESPECT** - Sexual Assault, Domestic & Family Violence Counselling on 1800 737 732

**13HEALTH** on 13 43 25 84

**Mensline Australia** on 1300 789 978

**Headspace** on 1800 650 890

**ReachOut** at [au.reachout.com](http://au.reachout.com)

**Standby** on [national@standbysupport.com.au](mailto:national@standbysupport.com.au)

**Aboriginal and Torres Strait Islander Health Service (ATSICHS)** on (07) 3240 8900

**Alcoholics Anonymous** on 1300 222 222

**Alcohol and Drug Information Service (ADIS)** 1800 177 833

**Narcotics Anonymous** 1300 652 820

**National Debt Helpline** on 1800 007 007

**Gambling Helpline** on 1800 858 858